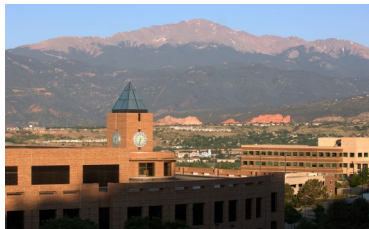




# Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences



## MASTERS IN SPORT NUTRITION BETH-EL COLLEGE OF NURSING & HEALTH SCIENCES

### PROGRAM SPECIFICS

The Masters of Science degree in Sport Nutrition is designed to prepare registered dietitians (RD), registration eligible, individuals who have completed a didactic program in dietetics (DPD) (and received a verification statement), or nationally/internationally recognized nutritionists for advanced study in nutrition for exercise and sport. Students with a background in exercise science are eligible to apply as long as they meet the nutrition coursework criteria. Students without nutrition coursework need to complete these requirements\* prior to applying (See back of page).

Graduates are prepared to take leadership roles in providing nutrition programs to athletic and active communities world-wide. This program will prepare U.S. students for the Board Certified Specialist in Sports Dietetics (CSSD) and provide training and mentorship for international students interested in establishing international programs.

### PROGRAM OBJECTIVE

The objective is to provide students the learning experiences that encompass the scientific and practical principles of nutrition for exercise and sport. Students acquire the knowledge and skill necessary for evidence-based applications and competencies of sports dietitians and nutritionists. The program prides itself in taking sustainable approach to nutrition utilizing slow food and food literacy concepts.

### ADMISSION REQUIREMENTS

- **One** of the following (verification required):
  - Registered Dietitian, registration eligible, or verification statement received from a DPD
  - International applicants: nutrition degree or strong background in exercise science *and* nutrition required
- Bachelor's degree from an accredited four-year college or university
- Undergraduate coursework in exercise physiology and biochemistry
- Undergraduate cumulative and major GPA of 3.0+
- Complete UCCS online Graduate Application Form
- Signed in-state tuition form (if applicable)
- Three letters of reference, using UCCS form
- Selective service form (if applicable)
- Two copies of all OFFICIAL transcripts
- Curriculum Vitae or resume
- Non-refundable application fee of \$60
- Recommended GRE scores of 290 combined in quantitative and verbal sections, and 4 on the analytical section (Send scores to UCCS). Criteria for scores prior to Aug 1, 2011 located on Sport Nutrition website
- TOEFL (92) or IELTS (7) test required for international students

### EMPHASIS AREAS

- Sports Dietetics/Sports Nutrition
- Exercise/Health Promotion

# MASTERS IN SPORT NUTRITION

## PROGRAM COURSEWORK (35 credits)

### Health Science Requirements, 4 total credits

HSCI 5010 Research and Statistical Design

### Thesis/Project/Comprehensive Exam Requirements, 0-6 total credits

HSCI 7000 Thesis (6 credits), requires 8 additional graduate elective credits)

OR

HSCI 6090 Graduate Research Project/Seminar (3 credits), requires 11 additional graduate elective credits)

OR

Comprehensive/Competency Exam (0 credits) requires 14 graduate elective credits)

### Sport Nutrition Requirements, 17 total credits

HSCI 5060 Advanced Sport Nutrition (3 credits)

BIOL 5790 Laboratory Methods in Human Physiology (3 credits)

HSCI 6040 Theories in Health Behavior I (3 credits)

HSCI 6140 Food, Culture, Community, and Health (3 credits)

HSCI 6100 Clinical Sport Nutrition and Research (5/lab credits)

### Suggested Sport Nutrition Electives

HSCI 5220 Social Marketing (3 credits)

HSCI 5030 & 5031 (lab) Sport Specific Training Principles and Techniques (4 credits)

HSCI 5050 Obesity and Weight Management (3 credits)

HSCI 5240 Advanced Concepts in Strength and Conditioning (3 credits)

HSCI 5350 Advanced Functional Human Anatomy(4 credits)

HSCI 5422 Project Management in Health Promotion (3 credits)

HSCI 5600 Biomechanics of Musculoskeletal Injury (3 credits)

HSCI 6031 Program Planning and Evaluation (3 credits)

HSCI 6060 Community Health Promotion and Education (3 credits)

HSCI 6120 Health Science Leadership (3 credits)

HSCI 6150 Health Science Internship - Sport Nutrition (1-9 credits)

HSCI 6160 Dietary Supplements (3 credits)

HSCI 6170 Special topic: Grain School (2 or 3 credits)

HSCI 6170 Special Topic: Sport Psychology (3 credits)

HSCI 6650 Health and Wellness Coaching (3 credits)

*\*For students who do not have coursework in nutrition, please see the website below for requirements to become eligible for an RD internship and note that UCCS also offers a Didactic Program in Dietetics (DPD) sequence that can be utilized. If you are interested in completing these requirements at UCCS, please contact Sean Svette (ssvette@uccs.edu).*

### ABOUT COLORADO SPRINGS

Located south of Denver and situated at the base of Pikes Peak, Colorado Springs is the headquarters of numerous sports organizations such as the:

- National Strength & Conditioning Association
- U.S. Anti Doping Agency

Colorado Springs is also home to beautiful mountains, hiking trails, Garden of the Gods, and outdoor activities such as skiing, hiking, cycling. We enjoy a dry climate with approximately 243 days of sunshine.

**Contact Information:** Margaret Harris, PhD, MS, HC | mharris5@uccs.edu | 719-255-4558

Information regarding on-line application process contact Rich Doyle | Admissions Credential Examiner | Amy Reynolds, areynol2@uccs.edu | 719-255-3735